

# FALL 2012 NEWSLETTER



KEWEENAW FAMILY RESOURCE CENTER

850 W SHARON AVE - STE 6, HOUGHTON, MI 49931 ~ (906)482-9363 ~ WWW.KFRCCKIDS.ORG

## Playgroup Perspectives

Dear Friends of KFRC,

When I was a little girl, I wanted to be a rock star (like Jem and the Holograms). As reality (and my lack of musical talent) set in, I set my sights on being a teacher which later changed to working with animals. Fast forward many years and here I am... working and playing with animals—er, children, helping them to learn, and once a week or so I get a chance to sing.

George Bernard Shaw once said "We don't stop playing because we grow old, we grow old because we stop playing." One cannot over stress the importance of play in a child's life. Play is learning. It not only nurtures their social-emotional development but their physical development as well. Children learn to share, problem solve and spread their wings.

So how can you as a parent support your child's learning through play? First of all give them ample opportunity for unstructured play. Things like

swim and dance lessons are fantastic but young children also need time where they can direct their own play; be imaginative and make their own rules. Second, give them a variety of things to play with, keeping in mind that some of the best toys aren't necessarily toys at all! What child hasn't spent

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hours playing in a cardboard box? Psychologists now believe that the commercialization of play has changed children's cognitive and emotional development – specifically self-regulation and imaginative space. When you do purchase toys, make sure they are age appropriate and consider choosing one without all the bells and whistles. Children need to make their own noise. Third, turn off the TV and computer. Yes, there are educa-

tional shows and games out there, but there will be plenty of time for that later. Encourage your child to get moving and use their imagination! Lastly, play with your child. You are their favorite toy. Not only does it show them you love them, it allows you to assess their development. When playing with your child, follow their lead (now is not the time to explain why elephants can't fly) and remember to model cooperation, turn-taking, problem solving and creativity.

Some days I feel I have the best job ever. At least once a week I get to be Ursula the sea witch (always the hag, never the princess), Rascal the raccoon, or an astronaut. There are days when a child shouts my name like Norm from Cheers, gives me a hug and is ready to play – what could be better! As a child, I couldn't wait to grow up, now I can't wait to play. Now that's a way to make a living!

Happy Autumn!

*Andra Ziemnick*

## KFRC - A Proud Partner Agency of Copper Country United Way

The Copper Country United Way has again named KFRC as a Partner Agency for 2012. CCUW's support is a crucial part of KFRC's funding stream, providing cash match to state grants as well as helping to sustain center-based operations. A portion of this year's funding came from the following individuals who generously allocated their CCUW campaign donations directly to KFRC:

**David Dixon ~ Brett & Amy Hamlin ~ Allyson Jabusch**

**Joseph Kirkish ~ Andrea Longhini ~ Chaoli Wang**

KFRC is very grateful to them and for the CCUW's continued support. We hope you will consider supporting the 2013 United Way Campaign as your contribution helps all of it's Partner Agencies provide a multitude of valuable services to this community.



## TUMMY TIME FREQUENTLY ASKED QUESTIONS

**Why is tummy time so important?** Because of the amount of time babies spend on their backs sleeping and in “containers” like car seats, bouncers and swings, they need plenty of tummy time while awake. Start in small spurts, while your little one is most content, and gradually work up to an hour per day. Tummy time is a way to enhance an infant’s motor development. Increased tummy time is significant to the earlier achievement of milestones such as rolling over, supported sitting, sitting alone, crawling and pulling to stand. Tummy time also helps with the development of fine and gross motor skills, improved neck and head control, and stronger back and shoulder muscles.

**When do you start tummy time with your baby and how long should you have him do it?** Tummy time should begin as soon as you’re home from the hospital. This way baby learns to accept it as part of his routine and will start to strengthen upper body, arms and core muscles on the way to meeting milestones. Start in small spurts of time and gradually work up to an hour per day in several smaller increments.

**My baby cries when I put him on his belly. Should I enforce tummy time if my baby dislikes it?** Most babies dislike tummy time initially, but with consistency, they can come to enjoy it. Tummy time doesn’t have to be torture, but it does take practice! Start in small spurts of time, gradually working up to longer periods as baby tolerates it. Make sure you are offering tummy time during his most content time of day, and that you get right down at eye level with him. Offer a favorite toy or baby-proof mirror. Also, sing and talk to him to keep his attention.

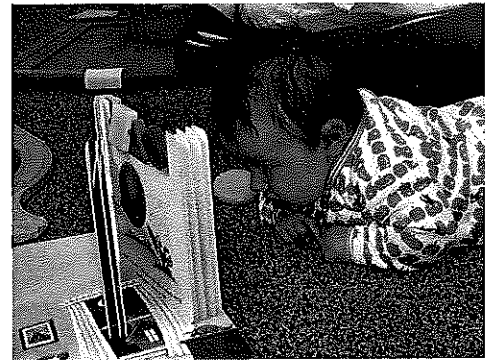
Sometimes babies prefer to be placed at a bit of an incline, so a rolled up towel or receiving blanket under his chest might help do the trick. Also, you can soothe him across your lap on his tummy instead of upright on your shoulder. Check out the *Essential Tummy Time Moves* below for more tips to make the most of your baby’s tummy time.

**When will my baby start holding his head up?** By the end of her 3rd month birthday, your little one should be able to hold up his head and push up on his forearms while on his tummy.

<http://pathways.org/awareness/parents/tummy-time/tummy-time-faqs/>

## ESSENTIAL TUMMY TIME MOVES

- 1) **Tummy-to-Tummy:** Enjoy some together time with your newborn. Lie down and place your baby “tummy-to-tummy” or “tummy-to-chest.” While lying tummy-to-tummy, make sure to keep your hands on your baby at all times to keep her from rolling off. A newborn won’t be lifting her head yet, so alternate your baby’s head position to the right and left to prevent your baby from developing a preferred head position.
- 2) **Eye-Level Smile:** Babies love your face and voice. Stay on the same level as your baby, even getting down on the floor. Voices are great motivators so be sure to talk and sing to your baby when she is on her tummy. Also, change your position to encourage head movement.
- 3) **Lap Soothe:** Lay your baby tummy down across your lap to settle her down instead of holding her upright on your shoulder. Make sure to provide support over the baby’s bottom to provide a sense of security and a soothing touch. This position strengthens both the neck and back muscles, which are not active while your baby is on her back. It’s very easy to fall into a habit of positioning babies in the same direction, but switching things up is very helpful for muscle development, so alternate between placing the baby’s head and chest over your right and left knees. This position is also great for calming fussy babies.
- 4) **Tummy-Down Carry:** When carrying your baby around the house, carry her tummy-side down instead of upright. Support baby with one hand between the legs and under the tummy and the other hand supporting baby’s head and shoulders while keeping her nestled against your body.
- 5) **Tummy Minute:** Start to incorporate tummy time into your daily routine, such as placing your baby on her tummy for one or two minutes every time you change her. Once your baby starts to expect tummy time, she may not protest so much. As your baby grows, slowly increase the amount of tummy time per day, aiming to get an hour of total tummy time by the end of three months. **This shouldn’t be all at once, but in short intervals throughout the day.**



**Make Tummy Time play time!** Sing songs, respond to the sounds your baby makes, and offer new sounds and different expressions to help baby latch on to your face. When you take time to play with your baby on her tummy, you not only help strengthen her body, but you build a bond with her and support socialization skills.

Source: [www.pathways.org](http://www.pathways.org)



## OKTOBERFEST DINNER & DANCING FUNDRAISER

October 20th ~ 6pm to 11pm  
Brownstone Hall, Atlantic Mine

Tickets \$25/person & includes:

- ~ A delectable harvest dinner created by Mark Pittillo
- ~ Cash bar with a selection of seasonal beers & wines
- ~ After dinner dancing to the music of Cheap Therapy

For more information or to purchase tickets call  
482-9363 or go to [www.kfrckids.org](http://www.kfrckids.org).

**WE HOPE TO SEE YOU THERE!**

### KFRC — TRAINS Program

KFRC will be hosting the Integration Station—  
TRAINS Program. TRAINS stands for

**Targeting Reflex development And  
Improving Neuro-sensory motor Skills**



This is a special six week therapeutic activity group for children between 3-5 years old who are lagging behind their peers in physical or social skills, or may struggle with day to day activities which leads them to become easily frustrated and overwhelmed with these activities. Play based experiences and hands on therapy with parent/caregiver participation will be led by Gail Neufeld, a Pediatric Occupational Therapist. Gail will be working with the children on improving reflex integration, motor skills, sensory processing, visual-motor and social-emotional skills. For more information please call (906) 482-9363.

## October 2012 - May 2013 Center-Based Schedule

### Mommy, Daddy & Me Playgroups

MON: Tree House Indoor Playground (Houghton)  
9:30am - 12:00noon

TUE: Tree House Indoor Playground (Houghton)  
9:30am - 12:00noon

WED: Horizons School (Mohawk)  
10:00am - 12:00noon

THU: Lake Linden High School (Lake Linden)  
9:30am - 12:00noon

FRI: Tree House Indoor Playground (Houghton)  
9:00am - 12:00noon

We will also be scheduling a variety of special playgroup sessions throughout the year so "Like" us on Facebook or check our website often for schedule updates!

### Tree House Open Hours

TUE: 4:00pm - 7:00pm

WED: 1:00pm - 3:00pm

THU: 9:00am - 12:00noon & 4:00pm - 7:00pm

SAT 10:00am - 1:00pm

**PLEASE REMEMBER:** ~ The playgroup STOP sign is meant to ensure that all participants have an enjoyable experience, which adheres to "best practices" and should be respected. If and when the sign is posted at the entrance it means that playgroup is filled to capacity.



~ If school is cancelled due to inclement weather, center-based programs for that day will not be held. Please listen to FM radio stations 93.5 or 97.7 for cancellations.

## KFRC's SPONSORS, PATRONS & COMMUNITY PARTNERS

*Helping local families with young children*



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First United Methodist Church ~ Erik & Molly Hayenga

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Saint Joseph Catholic Church ~ Superior Child Abuse Prevention Council

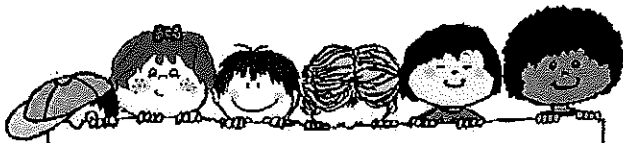


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## Keweenaw Family Resource Center

850 West Sharon Avenue, Ste #6 ~ Houghton, MI 49931

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The mission of the Keweenaw Family Resource Center is to support, enrich and strengthen family life in the Keweenaw Peninsula by providing a variety of programs which focus on families with children from birth through 4 years. KFRC is a 501© 3 non-profit organization.

KFRC is located in the Red Ridge Plaza, 850 W. Sharon Ave. ~ #6, Houghton

Office Hours: Monday– Thursday, 9AM - 4PM; Fridays by appointment

Phone: (906) 482-9363

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Email: info@kfrckids.org

Website: www.kfrckids.org

### KFRC STAFF

Cathy Benda  
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Kathy Williams  
Center-Based Coordinator

Andra Ziemnick  
Program Assistant



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KFRC is supported by the Michigan Department of Education, BHK Child Development Board, Copper Country Intermediate School District, Michigan Children's Trust Fund, Copper Country United Way, Superior Child Abuse Prevention Council, Kiwanis of the Copper Country, Keweenaw Community Foundation, Portage Health, local businesses, service organizations, and individual donations.



Keweenaw

community foundation

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**Copper Country  
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Protecting Michigan's Children